## IN THE CLAIMS

Please amend claims 46-48, and 50, without prejudice or disclaimer. A complete listing of the claims of this application follows.

Claims 1-33 (Cancelled).

Claim 34 (Previously Presented): A shoe insert formed from a reinforced thermoset elastomer material that regulates and dissipates vibration, the shoe insert comprising:

an insert body having a generally elongated shape with an outer perimeter configured to substantially conform to a sole of a shoe so that the insert body extends along an inner surface of the shoe from a location proximate to a heel of the shoe to a toe of the shoe, the insert body being generally planar and formed by the reinforced thermoset elastomer material that regulates and dissipates vibration, the reinforced thermoset elastomer material comprising:

first and second silicone thermoset elastomer layers; and
a reinforcement layer disposed between and generally
separating the first and second elastomer layers, the reinforcement
layer consisting of a single layer of aramid material, the reinforcement
layer being generally coextensive with the first and second silicone

thermoset elastomer layers such that the reinforcement layer extends generally throughout the entire area of the insert body as bounded by the perimeter of the insert body.

Claim 35 (Previously Presented): The shoe insert of claim 34, wherein the single layer of aramid material of the reinforcement layer prevents elongation of the shoe insert during use.

Claim 36 (Previously Presented): The shoe insert of claim 34, wherein the aramid material is a woven sheet.

Claim 37 (Previously Presented): The shoe insert of claim 36, wherein the woven sheet generally separates the first and second elastomer layers causing the material to have three generally distinct and separate layers.

Claim 38 (Previously Presented): The shoe insert of claim 34, wherein the aramid material is formed by a plurality of individual strips of aramid material.

Claim 39 (Previously Presented): The shoe insert of claim 38, wherein the individual strips are general parallel to each other.

Claim 40 (Previously Presented): The shoe insert of claim 39, wherein at least some of the individual strips have different sizes.

Claim 41 (Previously Presented): A shoe insert formed from composite material that regulates vibration, the composite material having three generally independent and separate layers, the shoe insert comprising:

an insert body having a generally elongated shape with an outer perimeter configured to substantially conform to a sole of a shoe so that the insert body extends along an inner surface of the shoe from a location proximate to a heel of the shoe to a toe of the shoe, the insert body being generally planar and formed by the composite material that regulates and dissipates vibration, the composite material comprising:

first and second silicone thermoset elastomer layers; and a reinforcement layer disposed between and generally separating the first and second thermoset elastomer layers, the reinforcement layer consisting of a single layer of fiberglass material the reinforcement layer being coextensive with the first and second silicone thermoset elastomer layers such that the reinforcement layer extends generally throughout the entire area of the insert body as bounded by the outer perimeter of the insert body.

Claim 42 (Previously Presented): The shoe insert of claim 41, wherein the single layer of fiberglass material is formed by individual strips that are generally parallel to each other.

Claim 43 (Previously Presented): The shoe insert of claim 42, wherein at least some of the individual strips have different sizes.

Claim 44 (Previously Presented): The shoe insert of claim 41, wherein the single layer of fiberglass of the reinforcement layer substantially prevents elongation of the shoe insert during use

Claim 45 (Previously Presented): The shoe insert of claim 41, wherein the reinforcement layer generally separates the first and second elastomer layers causing the material to have three generally distinct and separate layers.

Claim 46 (Currently Amended): A shoe insert formed from a reinforced thermoset elastomer material that regulates and dissipates vibration, the shoe insert comprising:

an insert body having a generally elongated shape with an outer perimeter configured to substantially conform to a sole of a shoe so that the insert body extends along an inner surface of the shoe from a location proximate to a heel of the

shoe to a toe of the shoe, the insert body being generally planar and formed by the reinforced thermoset elastomer material that regulates and dissipates vibration, the reinforced thermoset elastomer material comprising:

first and second silicone thermoset elastomer layers, the first and second silicone thermoset elastomer layers; and

a reinforcement layer disposed between and generally separating the first and second elastomer layers, the reinforcement layer consisting of a single layer of high tensile <u>strength</u> fibrous material, the reinforcement layer being generally coextensive with the first and second silicone materials such that the reinforcement layer extends generally throughout the entire area of the insert body as bounded by the outer perimeter of the insert body.

Claim 47 (Currently Amended): The shoe insert of claim 46, wherein the high tensile strength fibrous material of the reinforcement layer substantially prevents elongation of the shoe insert during use.

Claim 48 (Currently Amended): The shoe insert of claim 46, wherein the high tensile strength fibrous material is a woven sheet.

Claim 49 (Previously Presented): The shoe insert of claim 48, wherein the woven sheet generally separates the first and second elastomer layers causing the material to have three generally distinct and separate layers.

Claim 50 (Currently Amended): The shoe insert of claim 46, the reinforcement layer consisting of the high tensile strength fibrous material formed by a plurality of individual strips.

Claim 51 (Previously Presented): The shoe insert of claim 50, wherein the individual strips are general parallel to each other.

Claim 52 (Previously Presented): The shoe insert of claim 51, wherein at least some of the individual strips have different sizes.